

# Winnipeg metro

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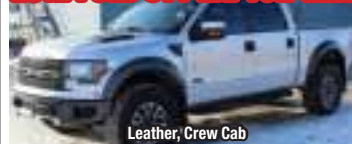
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**Your essential daily news | MONDAY, MAY 11, 2015**

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**Violent weekend**  
 Numerous people were sent to hospital in separate incidents over the weekend: a double stabbing, an assault and a double shooting. Story, page 3. SHANNON VAN RAES/FOR METRO

# Facebook unites break-in victims

RIVER HEIGHTS

## Group hopes to help police stop ravaging of vehicles



**Shane Gibson**  
 Metro | Winnipeg

In response to a rash of vehicle break-ins, River Heights residents have created an "online neighbourhood watch" in the hope that they can help police stop the petty crime that's plagued the area for months. Jon Waldman is one of three administrators of a Facebook group called the "Smashed Window Club," set up for area residents who, like him, have woken up to find a broken car window and a ravaged vehicle. "It's fortunate but unfortunate in a way that it's gained so much popularity so quickly," said Waldman. The page had reached 200 members Sunday. "There's strength in numbers ... having the group, sharing information about where they've been hit, when they were hit helps to build a database of different measures to protect ourselves."

Waldman has had his own car broken into three times since February. He told Metro that the last time he was hit, he'd left his car unlocked — a deliberate technique to save the headaches of paying a deductible and the resulting higher insurance premiums. "There are people who have reported five, six and up to 10 break-ins in just a few years' time," he said. "When you look at the average premium being \$200, that's up to \$800 in deductibles. That's a mortgage payment; that's food for a couple



**River Heights resident Jon Waldman.** SHANE GIBSON/METRO

weeks." While he's not optimistic about the chances, Waldman hopes that grouping victims' stories might convince Manitoba Public Insurance to start waiving deductibles for victims in the area, like they would after a hail storm. Winnipeg police said they support the group and have invited members to speak at a community meeting being held in River Heights this week to discuss the break-ins.



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## EXCHANGE DISTRICT

### Man., city partner to spruce up facades



**Shane Gibson**  
Metro | Winnipeg

Storefronts in Winnipeg's Exchange District are getting a makeover this summer thanks to a partnership between the city and the province.

Thirteen storefronts will benefit from a combined \$261,000 in funding through the new Exchange District Heritage Facade and Storefront Improvement Program, the two governments announced Friday.

"Downtowns are unique, and the health of a city is often looked at through the lens of our downtown," said Mayor Brian Bowman, who was joined at the announcement with Manitoba's new Municipal Government Minister Drew Caldwell. "There's no one thing that you're going to do — it's through multifaceted approach that we'll keep firing

on a number of cylinders to keep amplifying the health of our downtown."

The program, administered through the city's downtown development agency Centre-Venture, provides up to \$5,000 to cover professional design consulting fees, and will match up to \$15,000 for eligible storefront improvements. Grants will pay for up to 50 per cent of the cost of eligible work per storefront.

The province is putting \$131,000 into the program, and the city is adding \$129,661.

A release from the governments said the program is expected to spur an additional \$469,000 in private investments.

The 13 storefronts were chosen from 38 that applied and were evaluated on points including impact to the public, preservation and maintenance of heritage buildings and creativity and innovation.



Jenna Neumann, Breanna Podolsky, Kaitlyn Morphy, and Jazmiera Ditter, who all play soccer for the 14-year-old U Bonivital girls team, got a chance to check out the FIFA Women's World Cup in Winnipeg on Friday. DAVE BAXTER/METRO

## Cup scores in the Peg

### SOCCER

#### Coach hopes trophy inspires young players

The FIFA Women's World Cup made a special stop in Winnipeg this weekend, and one Winnipeg youth soccer coach believes seeing the cup will be a reason more young Canadian girls get into, and stick with, soccer.

The FIFA Women's World Cup Trophy Tour was in Winnipeg Friday, Saturday and Sunday at Polo Park, with the highlight being the official unveiling of the cup on Friday.

Two Winnipeg youth soccer teams got a chance to see the cup Friday, and the coach of one of the teams hopes seeing it, and seeing Women's World Cup games in Winnipeg this summer gets girls even more inspired about soccer.

"I think soccer has already be-

come the activity for Canadian girls to do," said Jian Franco, who coaches the Winnipeg Phoenix 13-year-old girls team.

"But I think this will get them even more excited, and keep them in soccer and pushing even harder."

He hopes young female soccer players see winning the Women's World Cup as an attainable goal.

"It's just like boys who play hockey to win the Stanley Cup. This will give them goals and

aspirations. That is something to strive for."

FIFA representative Jan Schetters said people should be excited about the future of Canadian women's soccer, but also excited about the women's team that will play in the upcoming tournament.

Seven FIFA Women's World Cup games will be played in Winnipeg in June, and dates and available tickets can be found at ticketmaster.ca.

DAVE BAXTER/METRO

## CRIME

### Stabbings, shooting add to busy weekend

It was a busy weekend for Winnipeg police after numerous incidents that sent several people to hospital.

The weekend began with a double stabbing Saturday on Norwich Avenue that saw two male teens sent to hospital and a third teen arrested. Then police arrested two other teens after a 21-year-old man

was assaulted on Leila Avenue.

Sunday night, a 29-year-old man was found injured on Main Street and taken to hospital in unstable condition.

A man was taken to hospital after a double shooting on Donald Street at 2 a.m. Sunday. Both men shot were in stable condition.

SHANNON VAN RAES/FOR METRO



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## IN BRIEF

**Two teens arrested for pizza delivery robberies**

Police have two teens in custody in connection with two pizza delivery robberies dating back to March.

The first robbery saw a driver from a restaurant in the 700 block of McPhillips Street held up by two armed suspects after delivering to an address on Lusted Avenue on March 25 at around 1 a.m.

The suspects made off with the food order and cash, and the victim was not injured.

The second robbery happened March 29 when a driver from a restaurant in the 600 block of Portage Avenue was again held up by two armed suspects while dropping off an order to a home on Hallet Street at around 12:40 a.m.

As well as the order and cash, the suspects also stole the driver's cellphone, which police were able to track to a home on Bowman Avenue, where a 19-year-old man was arrested and charged with possession of stolen property. A second suspect, a 17-year-old male, was arrested Wednesday and charged with robbery-related offences. METRO

**15-year-old girl says man exposed himself to her**

Police are looking for a suspect after a 15-year-old girl said a man exposed himself to her in St. James Wednesday night.

The teen was walking near Portage Avenue and St. James Street around 8:15 p.m. when the incident occurred. She immediately left the area and called police.

The suspect is white, 25-35 years old, five-foot-five with a skinny build, light brown scruffy hair and a pierced left ear. He was wearing black jeans, a striped orange and blue shirt, a black jacket and black work boots. METRO

# Selinger on severance: Sorry, it's 'personnel'

## POLITICS

## Premier won't comment on packages paid out to revolters

Premier Greg Selinger would not answer questions Friday about severance packages given out following the NDP government's leadership crisis.

Selinger took a different door than usual out of the legislature chamber and would not stop to talk about \$670,000 that was paid out to seven former staff members.

"These are personnel matters, and as you know, I normally

don't comment on personnel matters in public," he said as he walked quickly down a hallway to his office.

"These (severance packages) were arrived at through proper advice from professional people, and the intention is to make sure that it's done in such a way that everybody is protected and looked after."

Almost every one of the premier's former top advisers left after a caucus revolt last October, including his former chief of staff, caucus director, issues management director, communications director and press secretary. Some of them supported Theresa Oswald in a leadership challenge that Selinger survived by a narrow margin in a March vote.

The Opposition Progressive Conservatives said it is unfair for taxpayers to be on the hook for the severance packages.

"Why should Manitobans have to pay anything for the NDP family feud? Why should they have to pay for the dysfunction within the NDP party?" Tory legislature member Kelvin Goertzen asked in question period.

The government did not release a breakdown of how much each former staff member received. It had previously revealed details of one of the packages — \$146,047 for former chief of staff Liam Martin, who had been on the job for about 2-1/2 years.

Reporters were told the premier would not talk about the subject and were handed brief written statements instead. Opposition Leader Brian Pallister chided Selinger for avoiding the media.

"Wouldn't it be right for the premier to at least come out and say to you and to Manitobans, 'I think this is the right thing to do' ... instead of running away and hiding?"

Pallister also said the severance packages seem exponentially higher than those offered to most Manitobans. Employees governed by the province's labour laws are entitled to a minimum of two weeks of notice or severance pay for every year of service. THE CANADIAN PRESS

## BUS BEHEADER

## Li to live in group home in Winnipeg

The man who beheaded a fellow passenger on a Greyhound bus in Manitoba has been approved to move from a mental hospital to a group home in Winnipeg.

Vince Li killed Tim McLean during the bus trip on the TransCanada Highway near Portage La Prairie in July 2008.

He was later found to be not criminally responsible for the murder due to mental illness.

Li has resided ever since at the Selkirk Mental Health Centre but has been given increasing freedoms, including unsupervised outings in Selkirk and Winnipeg.

A public rally was held Saturday afternoon at the Manitoba legislature called "Justice for Tim McLean." McLean's mother, Carol de Delley, was in attendance.

"My heart drops because this is solidifying my fear that I've had since the beginning of this," she said Friday. "I've been trying to make people aware of the fact that this individual is going to be walking among us again. And it's just now that he's actually going to be out in the neighbourhood that people are starting to hear what I've been saying."

Justice officials have said Li was suffering from untreated schizophrenia at the time of the killing. Doctors have praised his response to treatment and believe he is a low risk to re-offend because he's taking the medication he needs.

"Recently the board dealt with a request from the hospital to increase privileges for Mr. Li so that the hospital could grant an extended pass to reside at a Level 5 group home in the city of Winnipeg," John Stefaniuk, chair of the Manitoba Criminal Code Review Board, said Friday.

It's not known if Li has yet made the move, or the location where he may be staying.

Stefaniuk said a Level 5 group home typically has 24-hour staffing, supervision and administration of medication and "at the very least, a curfew."

GLOBAL WINNIPEG/THE CANADIAN PRESS



**WEST ALEXANDER FIRE RIPS THROUGH BUILDING ON BANNATYNE AVE.** Firefighters tackle a blaze in an empty apartment building at 543 Bannatyne Ave. on Sunday afternoon. Firefighters managed to contain the fire and keep it from spreading to nearby buildings in the West Alexander neighbourhood. There was no word on a cause. TED GRANT/FOR METRO

## HEALTH CARE

## Inquest to examine death of woman sent home in a taxi

A woman whose mother died hours after being sent home in a cab from hospital is hoping an inquest that is to start Monday will provide some answers and help her heal.

Heather Brennan collapsed on her doorstep in January 2012 and was rushed back to Winnipeg's Seven Oaks Hos-

pital, where she died from a blood clot that had moved to her lungs.

Months later, two other patients were sent home in taxis from the Grace Hospital and died before they got inside their front doors. The Winnipeg Regional Health Authority said there was no systemic problem and an in-

ternal investigation found the hospital did nothing wrong.

Dana Brennan said her 68-year-old mother spent four days in the emergency room and was sent home at night without her house keys.

"They just shoved her in a taxi and sent her home. That's not right," Brennan said.

"I'd like to see things like that stopping, but clearly they're still happening."

Manitoba's chief medical examiner called the inquest in 2013 to look into Brennan's death and to "examine hospital policy regarding the discharge of patients at night, particularly those who are elderly, frail, and who res-

ide alone."

The inquest, scheduled to sit for three weeks, is also to determine whether a shortage of acute-care beds might have been a factor in Brennan's death.

The health authority updated its discharge guidelines, but Brennan's daughter said there are still problems.

Hospital staff should be well educated on a standard policy that ensures vulnerable people aren't sent home alone at night, she said.

"The policies are written, put on a shelf, and nobody is ensuring that they're being followed. I'd like more accountability."

THE CANADIAN PRESS





Protesters walk down Portage Avenue Friday. ELISHA DACEY/METRO

# Evacuees march on legislature

## PROTEST

### 'We want to go home': Reserve residents

Four years ago, flood waters forced people to leave their homes in Lake St. Martin First Nation and most of the evacuees are still displaced.

On Friday, about 100 of the evacuees walked in protest throughout downtown Winnipeg, saying they just want to go home and can't understand why it's taking so long for that to happen.

They walked about eight kilometres from the Lake St. Martin band office in Winnipeg, then stopped at the Aboriginal Affairs and Northern Development office, before ending up on the steps of the Manitoba legislature. Some held signs reading: "We Want To Go Home."

Six First Nations were flooded out in 2011 and while some evacuees are back home, nearly 2,000 more remain adrift, living in cities and towns they're not

used to, including about 100 children from Lake St. Martin who now go to school in Winnipeg.

Many of them said they don't remember what it was like leaving. Others say their children may never know what it's like living on reserve at all.

"I just want them to go home. I want them to be free," said Maria Raven. Raven said the children are missing out on many things her people enjoyed about living at Lake St. Martin.

"We want to go home," teacher Susan Ryle-Munroe yelled during the rally. "We want the suffering to end. Enough is enough."

The federal and provincial governments have spent up to \$220 million building some infrastructure and housing evacuees in temporary homes and hotels.

Aboriginal Affairs said it's appointed a negotiator to work with the provincial and First Nations leaders on settlement packages. But no government official can say for sure when the people of Lake St. Martin can go home or where that home may be.

THE CANADIAN PRESS

## ENVIRONMENT

# Litter left in marsh led to skunk's death

A man says he is disgusted after he stumbled across a dead skunk with its head trapped in litter near a marsh in southern Manitoba. Joshua Bryant said he was walking near St. Ambrose beach this past weekend when he found the creature, lying dead next to the nearby marsh with its head stuck in a McFlurry cup.

"I can only imagine how awful a death this poor animal suffered," he said in an email sent to media. "I assume it would

have starved to death with the cup preventing it from eating.

"I know they are not everyone's favourite animal, but it's so senseless that this creature (being out in the middle of nowhere) had to die like this."

Bryant said he visits the skunk every year.

"One of my favourite parts of visiting the area was checking in on this skunk," he said in the email.

"I knew where it was living

and had always managed to find it and have the opportunity to watch it curiously play amongst the rocks and in the sand."

Bryant said he hopes the incident reminds people that littering has lasting impacts.

"I really think that certain people could use a reminder as to how irresponsible it is to litter and how easily preventable these kinds of things can be. It was heartbreaking to see this."

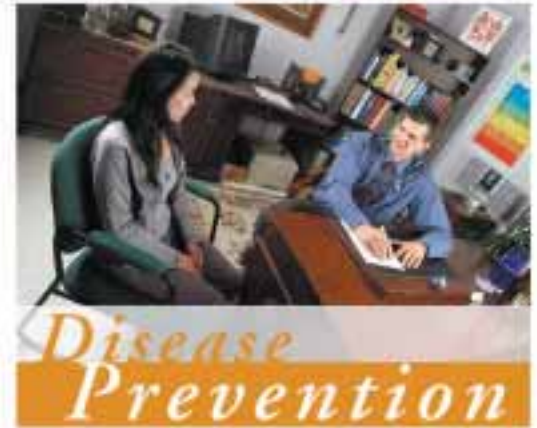
METRO



A skunk lies dead after being trapped by a cup.

JOSHUA BRYANT/HANDOUT

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**Presenters:** The Centre for Natural Medicine:  
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 Dr. Amy Kroeker, ND Dr. Dean Schrader, ND  
 Dr. Gord Sims, ND, Lac  
[www.naturalmedicine.mb.ca](http://www.naturalmedicine.mb.ca)

### Open house at Natural Essentials with Dr. Andrew Bryk, ND

**Date:** Monday May 11, 2015, 6:00 - 6:45pm  
**Location:** Natural Essentials - 1200 Pembina Hwy, Suite 301, Winnipeg

### A Look at The Digestive Tract From a Naturopathic Perspective

**Date:** Monday May 11, 2015, 7:00 - 8:00pm  
**Location:** Natural Essentials - 1200 Pembina Hwy, Suite 301, Winnipeg  
**Presenter:** Dr. Andrew Bryk, ND  
 Space is limited - please call to register: 204-510-4003  
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### A Natural Approach to Asthma, Allergies and Eczema

**Date:** Wednesday May 13, 2015, 7:00pm  
**Location:** Nature Doctors - Naturopathic Family Medicine  
 1200 Waverley Street, Winnipeg  
**Presenter:** Dr. Erin Wiebe, ND  
[www.thenaturedoctors.ca](http://www.thenaturedoctors.ca)

### Minimizing Side Effects from Cancer Treatment, Reducing Recurrence Risk and Treating Cancer

**Date:** Thursday May 14, 2015, 7:00pm  
**Location:** Nature Doctors - Naturopathic Family Medicine  
 1200 Waverley Street, Winnipeg  
**Presenter:** Dr. Melanie Leppelmann, ND  
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## IN BRIEF

### Exploitation trial wraps up

Final arguments have been made in the trial of a man charged with sexual exploitation for what he called a consensual affair with the family's babysitter.

The lawyer for the man, who is in his 50s, says the 17-year-old girl was a willing participant and his client should be acquitted.

But the prosecution says he was in a position of au-

thority over her, and used that power to make the relationship happen.

The defence counters the young woman technically worked for the man's wife, having been first hired as an assistant, but was later asked to help around the house with tasks such as babysitting and grocery shopping. The trial judge will deliver his verdict at a later date. THE CANADIAN PRESS





# Currency seizures on the rise

## CRIME

### Number of confiscations increased 28% in 2014 alone

The number of people stopped by border officials and found with undeclared cash at border entries is on the rise as Ottawa steps up efforts to crack down on money laundering by criminal and terrorist groups.

Last year alone, Canada Border Services Agency (CBSA) reported 1,429 seizures and confiscated \$24.5 million, amounting to a 28 per cent increase from 2013 when \$19 million was seized in 1,117 incidents.

In addition to the undeclared cash seized, CBSA also took possession of \$3.7 million in suspected proceeds of crime last year, twice the amount from the year before.

The money, if the seizure is not appealed by the owner, is forfeited to the Crown as government revenue. According to data obtained by Torstar News Service, Ontario — especially Greater Toronto — is the epicentre of these activities, with travellers in and out of the province accounting for \$8.7

million and \$9.6 million of the seized currencies in 2013 and 2014 respectively.

Meanwhile, Ontario also got a lion's share of the suspected proceeds of crime confiscated, \$848,979 and \$2.4 million in the two years.

"Money laundering and terrorist financing are international problems. Money laundering in Canada alone is estimated to be in the billions of dollars," said CBSA spokeswoman Wendy Atkin.

"While currency seizure statistics vary from year to year, the CBSA can tell you that its officers are committed to enforcing Canadian legislation ... as it applies to the border."

While observers believe China's crackdown on corruption in recent years may have contributed to the influx of so-called "dirty money" into Canada, ignorance and misconception among Canadians also plays a role in people not declaring the amount of cash they carry through the border.

Under the Proceeds of Crime (Money Laundering) and Terrorist Financing Act, said CBSA, there are no restrictions on the amount of currency a person can bring into or take out of Canada.

However, any amount valued at \$10,000 or more must



Last October, Canadian border officials found duct taped packages of more than \$1.3 million in undeclared currency at the Queenston-Lewiston bridge in southern Ontario. TORSTAR NEWS SERVICE

be declared at customs.

Atkin said there are four levels of seizure, leading to a fine ranging from \$250 to \$5,000. However, in cases involving suspected proceeds of crime, no money will be released.

Tax litigator Daniel Kiselbach has seen a 20 per cent increase in inquiries from Canadians desperate in getting their seized money back from the government.

Although CBSA has an in-

ternal appeal process, he said the "redress officers" must be satisfied with the proof of the source of the money.

According to CBSA, \$6.7 million in undeclared money and \$834,144 in proceeds of crime

## + DETAILS

### Four levels of currency seizure

- 1: The currency is returned after a \$250 penalty when the money has not been concealed and the individual makes a full disclosure of the facts following its discovery.
- 2: The currency is returned following payment of a \$2,500 penalty when the money is concealed in a method other than a false compartment or if the individual has already had a previous currency seizure against them.
- 3: Currency is returned upon payment of a \$5,000 penalty when the currency is concealed in a false compartment or if the individual is a repeat offender.
- 4: There are no terms of release if officers believe that the currency is the proceeds of crime.

CANADA BORDER SERVICES AGENCY

was seized across Canadian borders from Jan. 1 to April 15 this year, including \$2.9 million in unreported cash and \$127,960 in "dirty money" confiscated in Ontario. TORSTAR NEWS SERVICE

## LEGISLATION

# Tories set to change gun-licensing system

New Conservative legislation that changes the gun licensing system cleared a House of Commons committee last week and is on track to become law before the summer recess — and a likely fall election.

Bill C-42, dubbed the Common Sense Firearms Licensing Act, has drawn criticism even within the sport-shooting community but nonetheless remains a target for Conservative get-out-the-vote efforts, especially in rural Canada.

Ian Avery, president of the

Nova Scotia Federation of Anglers and Hunters, said that while "the rhetoric has died down quite a bit" around the gun control issue since the long-gun registry was abolished in 2012, it remains a top concern for the firearms community.

"It is still a vote-mover and it is still a vote-getter for the Conservative party," said Avery.

The latest legislation has had a somewhat rocky ride.

Introduced last Oct. 7, it was set to be debated in the Com-

**I think this helps the hunters out a lot.**

Robert Sopuck, the chair of the Conservative hunting and angling caucus

mons the day after a lone gunman shot dead a ceremonial guard at the National War Memorial and then stormed Parlia-

ment Hill, where he died in a hail of bullets. Needless to say, it was not an opportune time for a government bill that relaxes some gun licensing measures.

The legislation was quietly resurrected late last month and rushed through committee, from which it emerged with only a single, minor housekeeping amendment on Wednesday.

MP Robert Sopuck, the chair of the Conservative hunting and angling caucus, said he's heard the mixed reviews from gun

owners, but calls C-42 "a very good bill."

The bill removes some of the paperwork and penalties for gun licensing and transportation, provides a six-month grace period for lapsed licenses, gives cabinet decision-making power over how guns are classified, makes mandatory gun prohibitions for violent offenders and domestic assaults, and makes it compulsory to pass a firearms course in order to be licensed.

THE CANADIAN PRESS

## + BILL C-42

The Conservative House leader's office says it expects the bill to become law before the summer recess, scheduled for June 24. An anticipated Oct. 19 election means any bills not passed in the spring will die on the order paper.

## TORONTO

# Man charged in 'despicable' death of mother of three

Police in Toronto say a young girl who returned home from school to find her mother fatally stabbed alerted them to a "despicable and incredibly cowardly" homicide.

Det. Sgt. Steve Ryan says Allen Lascelles, 51, is charged with first-degree murder in the death of 31-year-old Suraiya Gangaram on Friday.

Ryan says Lascelles dated Gangaram on and off for two years before the relationship ended in 2014 after Lascelles was charged with domestic assault.

"I don't want to comment so much on the viciousness of the scene, ... but I can say that it was despicable and incredibly cowardly," said Ryan. THE CANADIAN PRESS

## + CRIME

Police don't know exactly when the stabbing occurred, but say Gangaram's young daughter found her mother lying on the kitchen floor and called 9-1-1.

## QUEBEC

# PQ race down to three candidates

The Parti Québécois leadership race is down to three candidates after the withdrawal of Pierre Cere.

In a news conference Sunday, Cere said he was dropping out after failing to raise a \$10,000 payment he needed to stay in the race. He described himself as "very proud and happy" with his campaign, and said he left without regrets.

Cere encouraged his support-

**With fewer resources, we had a campaign that really carried.**  
Pierre Cere

ers to vote for either Martine Ouellet or Alexandre Cloutier in this week's leadership bal-

lot, adding that he would vote for Ouellet.

The third candidate, Pierre Karl Peladeau, is the front-runner.

Last week, Cere accused Peladeau of using angry words to intimidate himself and other candidates.

Peladeau shrugged off the accusations, telling reporters in Quebec City that he sometimes gets passionate.

THE CANADIAN PRESS





**VATICAN RAUL CASTRO THANKS POPE FOR CUBAN-U.S. DETENTE** Cuban President Raul Castro waves as Pope Francis, background, looks on, at the end of a private audience at the Vatican, Sunday. Castro paid a call on Francis to thank him for working for Cuban-U.S. detente — and said he was so impressed by the pontiff he is considering a return to the Catholic church's fold. FABIO FRUSTACI/ANSA VIA THE ASSOCIATED PRESS

# Two officers shot, killed at traffic stop

MISSISSIPPI

## Three suspects arrested

Two Mississippi police officers were shot to death during an evening traffic stop turned violent, a state law enforcement spokesman said Sunday. Three suspects were in custody, including two who are charged with capital murder.

The deaths of the officers — the first to hit Hattiesburg in three decades — were felt far and wide in this small southern Mississippi city. Gov. Phil Bryant released a statement saying he was mourning the loss of the officers.

"This should remind us to thank all law enforcement for their unwavering service to protect and serve. May God keep them all in the hollow of his hand," Bryant said.

Warren Strain, a spokesman for the Mississippi Department of Public Safety, said Marvin Banks, 29, and Joanie Calloway, 22, were each charged with two

counts of capital murder. Banks was also charged with one count of being a felon in possession of a firearm and with grand theft for fleeing in the police cruiser after the shooting, Strain said.



**He wanted to become an officer because we've seen so much of our peers get killed or end up in jail ... He was talking all the time about how he wanted to do better and make the place better.**

Jarvis Thompson

"He absconded with a Hattiesburg police cruiser. He didn't get very far, three or four blocks and then he ditched that vehicle," Strain said.

Banks' 26-year-old brother, Curtis Banks, was charged with

two counts of accessory after the fact of capital murder.

The three Hattiesburg residents were arrested without incident at different locations overnight following the shooting, Strain said. They were expected to face initial court appearances Monday. The three were being held at undisclosed jails in the state and could not be reached for comment.

Lt. Jon Traxler, a Hattiesburg Police Department spokesman, identified the officers who died as Benjamin Deen, 34, and Liquori Tate, 25. Local reports identified Deen as a past department Officer of the Year, and Tate was a newcomer to the force who Strain said was a 2014 graduate of the law enforcement academy.

Tate grew up in a tough part of Starkville, 240 kilometres north of Hattiesburg, and decided to become a police officer so he could make a difference in the black community, said Jarvis Thompson, who knew him from childhood in church.

THE ASSOCIATED PRESS

NOUL

## Thousands evacuate as typhoon hits Philippines

A powerful typhoon slammed into the northeastern tip of the Philippines on Sunday, as about 2,500 residents in two provinces huddled in shelters following warnings by officials to evacuate coastal and mountainous villages.

Typhoon Noul, packing winds of 185 kilometres per hour and gusts of up to 220 kph, made

landfall in Cagayan province's coastal town of Santa Ana late Sunday afternoon and was moving northwest at 17 kph the government's weather bureau said.

Around 2,500 residents were evacuated to safer grounds in Cagayan and Isabela provinces, and no casualties or damage were immediately reported, said

Norma Talosig, the civil defence regional director. "Hopefully it brings only rain because we need rain," she said.

Public works personnel were using chainsaws to clear roads of fallen trees in Cagayan's Gonzaga town, DZMM radio reported.

Forecasters warned of 1.6-metre-high storm surges in

Santa Ana, which also includes Palau Island, with a population of about 30,000 people.

They said the typhoon was expected to weaken after hitting land, and to move faster as it rides strong surrounding winds. It is forecast to blow out of the country Tuesday morning and head toward southern Japan.

About 300 people who had fled to shelters near Mount Bulusan, southeast of Manila, returned home Sunday after the typhoon moved northward, sparing the province mudslides involving volcanic debris, said Joric dela Rosa, a civil defence worker in the region.

THE ASSOCIATED PRESS

SEVERE WEATHER

## Snow, tropical storms strike U.S.

South Dakota was the centre of weather extremes Sunday, with a tornado hitting a small town on the eastern side of the state and more than a foot of snow blanketing the Black Hills to the west.

It was among several Great Plains and Midwest states in the path of expected severe weather. At the same time, a tropical storm came ashore in the Carolinas and wintry weather also affected parts of Colorado.

Tropical Storm Ana made landfall near Myrtle Beach, South Carolina, on Sunday morning and was downgraded to a tropical depression by Sunday afternoon. The storm's maximum sustained winds were at 56 km/h.

In South Dakota, National Weather Service meteorologist Philip Schumacher said law en-

forcement reported a tornado about 10:45 a.m. Sunday in Delmont. No deaths were reported.

"One side of town was taken away," Delmont resident Anita Mathews told The Associated Press. She said a large church had been heavily damaged as well as a new fire hall, and that the town had no electricity.

In North Texas, sparsely populated ranching and farming communities were left to clean up from Saturday's tornadoes that left one person dead and another in critical condition, authorities said. Cisco Fire Department spokesman Phillip Truitt said the two people were near each other.

The National Weather Service said Sunday that the Cisco tornado was rated an EF-3, with winds ranging from 219 to 265 km/h. At least six buildings were

damaged south of Cisco as well as six others near Lake Leon, Truitt said.

A strong line of storms moved through the Dallas-Fort Worth area Sunday morning, forcing significant delays and a total of 100 flight cancellations at Dallas-Fort Worth International Airport and Dallas Love Field Airport.

Forecasters issued tornado watches through Sunday evening for parts of Texas, Oklahoma, Arkansas, Iowa, South Dakota, Nebraska and Minnesota.

Farther north, a late-season snow fell in parts of the Rockies, western Nebraska and western South Dakota.

National Weather Service meteorologist Kyle Carstens said between 25 to 46 cm of snow was on the ground Sunday morning in the Black Hills.

THE ASSOCIATED PRESS



**Storm clouds pass in Denton, Texas, on Sunday. Parts of several Great Plains and Midwest states were in the path of severe weather.** AL KEY/THE DENTON RECORD-CHRONICLE/THE ASSOCIATED PRESS

## IN BRIEF

### Boats carrying over 500 migrants from Myanmar wash ashore in Indonesia

Boats carrying more than 500 members of Myanmar's long-persecuted Rohingya Muslim community washed ashore in western Indonesia on Sunday, with some people in need of medical attention, officials and a non-profit organization said.

Steve Hamilton, deputy chief of mission at the International Organization for Migration in Jakarta, said his teams were racing to the Aceh province sub-district of Seunuddon. They warned that thousands more are believed to be stranded at sea.

THE ASSOCIATED PRESS

### Five dead after shooting in northern Swiss town

Five people have been found dead after a shooting in northern Switzerland that may have resulted from a family dispute, police said Sunday. The dead included the suspected gunman.

Residents heard shots in the small town of Wuerenlingen shortly after 11 p.m. Saturday, leading police to find five bodies in a residential neighbourhood.

THE ASSOCIATED PRESS





## Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.



In this photo taken in July 2014, schoolgirls who escaped abduction from the Chibok government secondary school arrive for a meeting with Nigerian President Goodluck Jonathan in Abuja, Nigeria. THE ASSOCIATED PRESS FILE

# 'Boko Haram wives' stigmatized

## NIGERIA

### Girls recently freed may soon face ridicule and suspicion

The taunts wouldn't stop. "Boko Haram wives," the schoolgirls were called because they had been briefly held by Nigeria's Islamic extremists before escaping. The teasing was so relentless that some of the Chibok girls left their town and families.

Their plight does not bode well for hundreds of girls and women recently rescued from

the clutches of Boko Haram after months of captivity. Many of them are now pregnant.

After enduring captivity by the militants, the women may now face stigma from their communities.

"The most important thing is to restore their dignity," the executive director of the United Nations Population Fund, Babatunde Osotimehin, told The Associated Press in a telephone interview from his office in New York.

That will be a challenge, going by comments made last week by Gov. Kashim Shettima of Borno, the home state of Boko Haram and the one most affected by

the nearly six-year-old Islamic uprising that has killed more than 12,000 people and forced more than 1.5 million from their homes.

"I am seriously worried with the fact that most women tend to hate and abandon children they deliver from rape. Now, the problem is that these children could go to the streets unattended to. They then lack access to food, health care and education.

"The result is that they could indeed inherit their fathers' (ideology) somehow," Shettima told government officials, according to the Nigerian press.

THE ASSOCIATED PRESS

## YEMEN

### Rebels accept five-day truce

Yemen's Shiite rebels and their allies in the country's splintered armed forces said Sunday they would accept a five-day humanitarian ceasefire to allow aid to reach civilians after more than a month of airstrikes from a Saudi-led military coalition.

The ceasefire, scheduled to begin Tuesday, would help ease the suffering of civilians in the Arab world's poorest country, who increasingly lack food, fuel and medicine since the bombing campaign began March 26.

However, all sides in the conflict have warned they will retaliate if the ceasefire is broken.

On Sunday, state news agency SABA, which is under the control of the Shiite rebels known as Houthis, quoted Col. Sharaf Ghalib Luqman as saying rebels in the armed forces agreed with the ceasefire. The Houthis earlier issued their own statement saying they will co-operate with the ceasefire and urging a return to dialogue.

Meanwhile, Saudi-led strikes have continued, with a residence of former president Ali Abdullah Saleh targeted Sunday in the capital.

Saleh appeared on television afterward standing in front of the ruins. He urged Yemenis to

remain steadfast in the face of Saudi aggression and to beware of spies among them. He also urged a return to dialogue.

Saleh and his loyalists are allied with the Houthis, who are also backed by Iran.

The Houthis also said in a statement that the coalition naval blockade prevented merchant ships carrying food from docking in the port of Hodeida.

Medical officials said some 70 wounded were evacuated from Aden onto a ship where they will be treated, with some severe cases being brought to Saudi Arabia.

THE ASSOCIATED PRESS



# China cuts rates again to boost slowing economy

## LENDING

## Interest on deposits falls to 2.25%, loans down to 5.10%

China's central bank said Sunday that it is cutting interest rates for the third time in six months to boost the country's sluggish economy.

Citing "downward economic pressures," the People's Bank of China said it would cut the rate on a one-year

loan by commercial banks by 0.25 percentage points to 5.10 per cent. The interest rate paid on a one-year deposit was lowered by 0.25 points to 2.25 per cent.

Rates were also cut on Nov. 22 and then again on March 1. The new rates take effect Monday.

The cuts follow reports that trade in April shrank more than expected and that factory employment was weak.

Beijing has introduced a string of tax reductions and other measures aimed at proping up growth.

The latest cuts are expected to reduce financial costs for state companies and are a signal to state-owned banks to boost lending.

The world's second-largest economy grew 7.4 per cent last year, the lowest growth in more than two decades. The economic slowdown is expected to persist.

THE ASSOCIATED PRESS

# 1.5%

China's inflation rate rose slightly to 1.5 per cent in April, up from the previous month's 1.4 per cent, according to official data released Saturday.



Chinese paramilitary policemen stand on duty outside the People's Bank of China in Beijing. China's central bank said Sunday that it is cutting interest rates for the third time in six months to boost the country's sluggish economy. THE ASSOCIATED PRESS FILE

## GREEK ECONOMY

## Germany warns of collapse

Germany's finance minister says his country will do everything it can to keep Greece in the eurozone under "justifiable conditions."

Eurozone finance ministers will meet on Monday amid slow-moving talks on a deal with Greece's creditors.

Finance Minister Wolfgang Schäuble told Germany's Frankfurter Allgemeine Sonntagszeitung in an interview published Sunday he doesn't think "everything will be cleared up by then." He said the atmosphere has improved in talks, but there hasn't been much substantial movement.

Schäuble said Chancellor Angela Merkel "knows that we must do everything to keep Greece in the eurozone under justifiable conditions. It must not fail because of us."

Schäuble said he doesn't have a clear picture of Greece's finances. He added: "Experiences elsewhere in the world have shown that a country can suddenly slip into insolvency."

THE ASSOCIATED PRESS

## U.S. SENATE DEBATE

## Focus on Obama's trade agenda

As the Senate prepares to debate his trade agenda, U.S. President Barack Obama is sharpening his criticisms of Democratic Sen. Elizabeth Warren who is fighting his efforts to obtain "fast track" authority to negotiate trade agreements

that Congress can accept or reject but not change.

Obama said Warren is wrong in criticizing an element of trade deals called investor-state dispute settlement, or ISDS that allows foreign companies to sue national governments in

special tribunals if the companies feel they were harmed by violations of free-trade agreements. Warren and others say ISDS can let multinational corporations seek huge payments while sidestepping traditional courts. THE ASSOCIATED PRESS

## SYRIAN REFUGEES

## U.S. giving Jordan \$25M in wheat

The United States is giving Jordan about \$25 million US worth of wheat for resale, with the money to be used for improving agricultural productivity.

The U.S. agriculture secretary, Tom Vilsack, and Jordan's planning minister, Imad Fakhoury, signed the agreement involving 100,000 metric tonnes of wheat Sunday.

Vilsack said in a statement the food assistance is meant to help ease the economic burden Jordan faces as it hosts more

than 600,000 Syrian civil-war refugees, out of nearly 4 million who fled to neighbouring countries in the past four years.

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## # MYMETRO

### Jenn Abrams, Vancouver

**What are you up to?**  
I'm on my lunch break.

**What's your job?**  
I'm distribution manager for the luxury travel website Kiwi Collection.

**What's the best thing about Vancouver?**  
The best thing about the city is the great food from all over the world.

**What are you reading or binge-watching right now?**  
I'm watching Game of Thrones and reading The Case for Make Believe (by Harvard child psychologist Susan Linn).

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## ROSEMARY WESTWOOD

### metroview

## "Omar Khadr's inner life will remain a mystery to us."

Humble words. Trimmed beard. A dimple.

We've seen the redeemed Omar Khadr, looking nervous and happy, dressed in jeans that seem too big.

Now free, and free to speak, Khadr is attempting to write his story from his own vantage point, to show Canadians that he's more than what they thought of him.

Canadians are enthralled. There was a wave of welcome-home tweets Thursday, when he was released on bail after spending 13 years in jail, 10 of them in Guantanamo Bay. People said they teared up as they watched him, articulate and soft-spoken in front of a scrum of reporters. Some called the scene "beautiful" and complimented his smile.

We are, it seems, charmed. But despite the myth-making that will now begin in earnest, about a teen who ran with a terrorist crowd and became the poster boy for the treatment of child soldiers, we will never really know Khadr.

In conservative circles (and to our prime minister), Khadr is still nothing but a dangerous terrorist. For child-soldier activists, he is a victim, indoctrinated into al-Qaida at the age of 13 by his father.

Khadr has spoken of remorse for throwing a grenade that killed a U.S. army medic. He rejects extremist views, he said. He wants a normal life, an education. "I will prove to

them I'm a good person," he said. "Give me a chance."

We seem willing. But no matter how he now shapes his future, the profiles, biographies or documentaries made, his inner life will remain a mystery to us — as with all public figures.

"Only Mr. Khadr can truly know if the changes he purports to have made in his religious belief system and world view are genuine," said a psychologist who interviewed Khadr, as reported by Maclean's.

An acquaintance of mine, watching the video of Khadr interviewed outside his lawyer's home in Edmonton, said that Khadr spoke with "the innocence of a child."

"It's like you can actually witness a veil of darkness lifting for him despite the past."

That is what the joy at Khadr's release is really about: not the man, but our own need to see justice done. Our own need to redeem ourselves, and our country, for not fighting to free him from Guantanamo Bay.

Our desire, too, to know that hope and humility can spring up in the most vile of places, and that people — even purported terrorists — can be redeemed.

"I'm excited to start my life," Khadr told the press. "There's nothing I can do about the past, but I hope that the future can, I can do something about the future."

# Stigma, ignorance make mental illness deadly

## INSIDE THE PERIMETER

### Shannon VanRaes



There will be another Vince Li.

Not because people with mental illness are inclined towards violent behaviour — they are absolutely not. And it won't be because our justice system has failed by finding him not criminally responsible, because it didn't.

There will be another Vince Li because the stigma around mental illness continues to persist in both blatant and insidious forms, stymying the ability of those who need treatment to seek it.

There will be other tragedies because people — your friends, your family, your neighbours, you — won't feel comfortable or even safe reaching out for help when

it's most needed.

I don't need to tell you who Vince Li is. You've heard how he stabbed and beheaded Tim McLean on a Greyhound bus while suffering from untreated schizophrenia in 2008. You have heard him demonized, dehumanized, called an animal and even compared to the mythical man-eating Windigo monster.

Thousands have joined a Facebook group opposing Li's move to a highly supervised Winnipeg group home. A few dozen members even gathered in front of the legislative building to protest this latest stage of his recovery and treatment on Saturday.

Among the protesters were McLean's friends and family, including his mother Carol de Delley. I can't speak to their suffering as a result of McLean's tragic death, and I'm not privy to their motivations.

But I can speak to the chill-

ing effect the desire to brand and criminalize the mentally ill will have. It tells them they aren't welcome, they aren't trusted, they are liabilities and they are broken beyond repair. It tells people who are sick that they are incurable and unloved.

One in five Canadians will experience mental illness in their lifetime. Thousands will lose their battles and die as a result. All will experience stigma.

According to the Centre for Addiction and Mental Health, in a 2008 survey 42 per cent of Canadians said they're "unsure if they would socialize with a friend who has a mental illness." Mental illness is used as "an excuse for bad behaviour," 46 per cent believed.

Yet the social and economic costs of mental illness continue to drag us down, weighted by a host of miscon-

ceptions that make it politically unpopular to fully address and finance solutions.

According to CAMH, mental illness accounts for 15 per cent of the burden on the health care system in Canada, yet it only receives six per cent of the overall funding. Is it any wonder that mental health resources are lacking when even many politicians are ignorant of the facts?

As long as the stigma around mental illness remains, people will fall through the cracks. As long as people believe sickness is an excuse, there will be underfunding. And as long as people live in fear, there will be tragedy.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and nights covering urban affairs.

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## PHILOSOPHER CAT by Jason Logan







## The need for mead

GAME OF THRONES

### Retro beverage back in vogue thanks to hit show

**Brian Gasperek**  
For Metro | Life

Game of Thrones seems to be the gift that keeps on giving for its hipster-fan demographic. In addition to delivering some solid reading material, and one of the strongest shows on cable, the George R.R. Martin fantasy drama has also provided the cool kids with a thirst-quenching opportunity to indulge in something retro — really retro: Mead.

Just like their favourite medieval heroes and villains from Westeros, it appears that hip Thrones fans have taken to ironically consuming the show's boozy beverage of choice. Yep, that's about as vintage as you can get.

"It's great to see such excitement," said Michael Fairbrother, American Mead Makers Association president and founder of New Hampshire's Moonlight Meadery. "For the last few years, every time I would visit a different market and it was around the time of the new Game of Thrones episodes being released, the buyers would start telling me how many

consumers would come in and mention they were going to have a Game of Thrones night with mead."

Mead in its simplest explanation is a beer-tasting alcohol made by fermenting honey and water together. Once viewed as the drink of deities, mead's origins can be traced all the way back to ancient Egypt, China, Greece and Rome. It was hugely popular in the Middle Ages, but died a fast death when sugar became the more popular sweetening alternative and beer and wine took centre stage as better-tasting party favourites. That is of course until Thrones made it trendy again.

"I tried mead when I was in the U.S.," said diehard Game of Thrones fan and mead dabbler Ben Cohen, who lives in Toronto. "It actually tastes pretty good. Just like honey, but not as sweet. I once tried to make it with some friends, too ... but that tasted like crap."

Sure, mead has been present in a variety of popular works over years such as Beowulf, Lord of the Rings, The Hobbit and Harry Potter, but its sales were always reliably static. Since Game of Thrones'

debut on HBO in 2011, however, sales have skyrocketed, getting mead makers pretty darn pumped.

"We are calling it the 'renaissance of the Renaissance,'" said Cherie Andrews of Chinook Arch Meadery in Alberta. "The rise in popularity has been a welcome boost for those of us that have been producing it for many years."

The numbers don't lie. According to the Annual Mead Industry Report by the American Mead Makers Association, the retro booze has experienced a 128 per cent increase in production between 2012 and 2014, with its manufacturing rising to 144,000 gallons from 62,000 gallons. That's a lot of mead!

Not only that, the desire to make the stuff has skyrocketed, too. When Colorado's Mazer Cup (the largest international mead competition) started back in 2008, there were 200 home entries and 125 commercial entries. This year, the number has grown to 400 home entries and 350 commercial entries. Coincidence? I

think not.

"I'm very excited," said Fairbrother. "With a youthful, hipster demographic, it means that finally the resurgence of mead is hitting mainstream, and will continue to grow."

Andrews agrees. "The exciting thing about engaging younger, hipper consumers with mead is multifaceted," she said. "Not only is it a demographic that includes men and women equally but they really don't have preconceived ideas of what mead should be like. They just love it for what it is."

So as Canadians who want to join the hip retro trend of drinking like the Starks and Lannisters, where can we try the stuff? The answer should be as simple as your local liquor stores that carry flavoured mead options by small Canadian meaderies like Trafalgar Ales & Meads from Ontario and Tugwell Creek Honey Farm and Meadery in B.C.

As it turns out, Canada is actually home to more than 30 meaderies from coast-to-coast, way up from the four that existed in the mid-2000s.

So next time you're looking to kick back and sip on adult refreshments, perhaps try going the retro route like Cersei and Jaime, and crack open a mead. Warning: Too much mead may cause dragon sightings.



### + WHAT'S THE DIFFERENCE BETWEEN BEER AND MEAD ANYWAYS?

So here's the big question. Is mead a type of beer? Absolutely not.

Although mead may be carbonated and share beer's sweet, semi-sweet or dry taste qualities, the two are completely different.

Beer is boiled and brewed, with a concoction of malted bar-

ley, hops and various ingredients. Once it is cooled, yeast is tossed in to allow it to ferment. The majority of its fermentable sugar is derived from malt sugars boiled out of the barley.

Unlike beer, mead is not boiled or brewed.

The process of making it is similar to wine. It's created by mixing honey and water (with optional fruits, spices, grains or hops) and is then left alone to ferment. The majority of its fermentable sugar is derived from honey.



Make like Game of Thrones' Cersei Lannister and grab a glass of mead. HANDOUT



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# Quit bad job on high note

## RESIGNATIONS

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## OFFICE RELATIONS

**Eleni Deacon**



When leaving a job you dislike, it can be tempting to tell off your boss and book it for the beach that same afternoon. But while sudden, dramatic departures make potent material for late-afternoon daydreams, real-life resignations should be calculated and respectful. If it's time to quit, don't blow it.

Whether you're finally escaping a toxic environment or simply transitioning to up-the-ladder pastures, you need a solid exit plan. Plot what you'll say and when you'll say it. Book a meeting with your superior for a convenient time of day — such as late morning or afternoon — and practise your talking points aloud in advance.

Keep your speech brief, transparent and appreciative. You



**Pfft! Make your exit from that toxic job as professional as the interview that landed you in your amazing new gig.** ISTOCK

don't need to share every detail about your next step but you should be open about your plans. If you have a strained relationship with your boss, the conversation might be tense. And if you love your present workplace, your resignation might be fraught with guilt and nerves. But stay calm and professional, and express your appreciation. No matter how messy your current situation, it provided a stepping stone for what's next. If an exit interview is requested, provide honest but respectful feedback.

Quitting is a process that

doesn't end until you're wrapped up, packed up, and out the door on your final day. Give your employer fair warning of your departure (two weeks is standard), and establish clear expectations for your final weeks. Spend your last stint wrapping up outstanding deadlines and creating clear instructions for your replacement.

It's likely that you'll end up working with at least some of your current colleagues later in your career. Foster a smooth transition, and you'll leave with a glowing impression — not a ball of flames.

# Money quiz for couples

## PARTNERSHIP

**Check if your relationship is financially healthy**

**Gail Vaz-Oxlade**  
gailvazoxlade.com



People have all kinds of misconceptions about the rules around money and relationships. So here's a quick test to see what you may or may not know about couple's money.

Don't peek at the answers until you've chosen True or False for the following statements:

- 1 It only takes one person good with money in a relationship to make money management work.
- 2 Married partners have the right to speak for their better halves when it comes to medical treatment if their mates can't speak for themselves.
- 3 Getting a joint line of credit is a good way for you both to build your credit histories.
- 4 Once you're living together, splitting everything 50/50 is the way to go when it comes to managing the bills.
- 5 Talking things over and creating a plan means you're more likely to save.

So, how on the money were you?

- 1 **False.** If only one person has high self-control, the couple is more likely to fail. According to researchers from Boston College and the University of Pittsburgh, couples of mixed self-control jointly tend toward the lower end of the self-control spectrum, not the higher. Why? It seems that high self-control partners tend to want to please low self-control partners and end up indulging their partner's wants and desires. So instead of pulling the financial idiot into the light, the high self-control person gives in and the money management suffers.
- 2 **False.** Not without a power of attorney they don't. Until

you've executed personal care powers of attorney, you don't have any right to say what can and can't be for your mate. While you're at it, make sure you also execute financial powers of attorney so you can take care of the money, too.

- 3 **False.** A little known fact is that the credit history for joint credit is only reported in the name of the first person who is listed on the documentation. And the risk you take by having joint credit — except where both signatures are required — is huge. Sure, you know he or she loves you now, but what if your pal goes nutsy-cuckoo and spends all that credit? You're firmly on the hook, baby.
- 4 **False.** Yes, 50/50 sounds fair, but that's only true if you're both making a similar income. If one makes more, that person should pay more of the joint expenses so the other person isn't left feeling like a poor mouse. So split your joint expenses proportionate to income.
- 5 **True.** A 2013 HSBC survey reports that people saved 49 per cent more if they had a financial plan to save money. The results were not simply a matter of

having more resources to start with, but of using them wisely.

**Here are some more questions to think about if you feel like it's time to take the next step:**

**Why are we doing this?** People move in together for all kinds of reasons, some of which are really dumb, like, "This will be a good test of our relationship," or "I want to give him a break so he can pay off his bills." Or "We spend so much time together anyway, we might as well live together."

**How will this work for us both financially?** If one person keeps bringing home new furniture and the other ends up picking up the full rent tab, someone is going to be miserable.

**How well do our lifestyles match?** What's most important to you? If you don't naturally "match up" how will you bridge your differences?

**What are your expectations?** Get on the same page in terms of what you expect from your 'buddy' before you turn them into a life partner.

**How will we fight?** How will you negotiate the things that create conflict?

## True or False

**• You only need one person to be good with money.**

**• Once you're living together, splitting everything 50/50 is the way to go.**



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# Stop it with all the selfies, says Catherine Deneuve



Catherine Deneuve says a star is someone who "must show themselves only a little and remain discreet." GETTY IMAGES

## CRITICISM

### Less mystique, more banality with frequent posting: Icon

Selfies and social media have been the death of film stars, iconic French actress Catherine Deneuve said in an interview published Sunday.

"There are no more stars in France," the 71-year-old bemoaned just days before her latest film *La Tête Haute* (Standing Tall) opens this year's Cannes Film Festival out of competition.

The doyenne of French cinema was speaking to the *Journal du Dimanche* newspaper about her glittering film career, which has made her one of her country's best-known actresses abroad.

Deneuve gave short shrift to a new generation of celebrities addicted to social media.

"A star is someone who must show themselves only a little and remain discreet."

"With the introduction of the digital age, there is an intrusion of everything, everywhere, all the time," she said.

"We see a tremendous amount of people who are very famous, with millions of followers, and who have done absolutely nothing."

Deneuve said she had a very "limited" relationship with technology.

"It's wonderful to be able to take photos (with your cellphone) but I detest selfies, photographing yourself all the time ... it makes everything banal," she told the newspaper.

"And this idea that we are looking at ourselves doing things, without actually experiencing them, is horrible."

In her latest movie Deneuve plays a children's magistrate working on the case of a troubled adolescent.

AFP

## IN BRIEF



James McAvoy.

INSTAGRAM/BRYANSINGER

### James McAvoy loses his locks

James McAvoy has already had two outings as X-Men founder Charles Xavier without having to rock the comic book character's signature bald head, but apparently he's put it off long enough. Director Bryan Singer posted a photo to Instagram of the actor just after having his head completely shaved. The upcoming film, *X-Men: Apocalypse*, takes place in 1983, roughly 11 years after the events of *X-Men: Days of Future Past*, and it

looks like that decade was particularly rough on Xavier's follicles.

### Some hotels just aren't Posh enough

Victoria Beckham is striking back against a Page Six report that she is the "worst hotel guest ever," insisting she's totally reasonable, man. Among her demands? Insisting that every time she leave her hotel room the maids change the sheets, replace the towels and thoroughly clean the place. The report also claimed that when displeased with

the level of service, she can complain long and loud enough for management to comp her entire stay, as reportedly happened two years ago at the Meadowood Napa Valley resort. Beckham's rep, though, calls the report "an utter lie," according to E! News. "Lawyers are looking into it."

NED EHRBAR/METRO

## RELATIONSHIPS

### Vergara's confusing baby talk

Sofia Vergara is set to tie the knot with Joe Manganiello — celebrating over the weekend with a lavish engagement party — but that doesn't mean kids are in the cards.

Or not in the cards. Or something.

"When you're with somebody that hasn't had kids, and you want to start a relationship, of course there's always that question," Vergara, already the mother of a 23-year-old son, tells *Cosmo* for *Latinas* magazine.

"And if it happens, it will be something that



will make us very happy, but it's not a priority in our lives."

Hope that clears things up.

Of course, she's previously insisted to *Vanity Fair* that she'll go along with baby-making plans if that's what her husband-to-be wants.

"My son, Manolo, is 23 years old, which is going to be really weird if I have another baby," she said earlier this year.

"But you know, Joe wants babies, and if it's going to make him super-happy, then ..."

We are still as confused as you are.

NED EHRBAR/METRO

## SHOUT-OUTS

### Manson wants to get it on with Madonna

Not-at-all-creepy '90s holdover Marilyn Manson wants the world to know that he's totally down for getting down with Madonna, which might be the least outrageous thing he's said. "I'm kind of interested in this Madonna record," he tells *i-D* magazine. "She looks hotter than ever. I'd also

like to let it be known that I still have a crush on Madonna and I would definitely fornicate with her." Good to know! And apparently word of his desires made its way to Madonna herself, who responded on Instagram with "Um ... thanks!" She's flattered, I'm sure. NED EHRBAR/METRO



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# Many opportunities for nurses in Canada

## CAREER OPTIONS

### Roles available in various specialties

**Jason Menard**  
For Metro

People who are looking for a career in diverse workplace environments and schedules that fit their specific needs or desires may find nursing to be an ideal pathway to a long and rewarding career.

"With over 300,000 practitioners throughout Canada, we represent the largest group of health-care providers in the nation," said Anne Sutherland Boal, the chief executive officer of the Canadian Nurses Association (CNA).

"In nursing you have the privilege of working with people throughout all life experiences."

In many ways, only your interests and your desire limit you.

**Essentially you can choose a field that best suits your interests based on age, specialty, geography.**

Anne Sutherland Boal, the chief executive officer of the Canadian Nurses Association

"You can work through a whole host of specialties — oncology, children's health, surgical nursing, amongst others," Sutherland Boal said, adding that nurses play key roles in providing direct care, preventative care, and can also be found in research, teaching, and administrative fields.

Nurses also work in the private sector, but Sutherland Boal's organization is committed to the preservation and promotion of the public-care system.

In Canada, there are three main nursing professions: licensed practical nurses; registered nurses; and registered psychiatric nurses.

The CNA, formed in 1908, represents registered nurses,

making it one of the oldest professional bodies in Canada. And, considering the importance and pervasiveness of nurses throughout the nation, it's easy to understand why.

"You can find nurses in every community and in every geography across Canada," Sutherland Boal said.

"You can find roles in hospitals, in communities, in long-term care centres, in First Nations, rural, and remote areas. And you can find full-time, part-time and casual work, evenings, nights, weekends.

And as Canada's population ages, the need for home care is even more pronounced, with people expecting to obtain medical treatment closer to home. Visit [cna-aic.ca](http://cna-aic.ca).



Long-term care centres are an alternative workplace for nurses. SHUTTERSTOCK

## + HISTORY

### Famous Canadian nurses

Here are just a few of Canada's notable nurses and key dates in Canadian nursing:

**Jeanne Mance:** The first lay nurse for New France, Mance founded the Hotel-Dieu Hospital in Montreal in 1645.

**Georgina Fane Pope and Margaret Clothilde Macdonald:** These nurses were the first women appointed as full-time military nurses in 1906.

However, the first nursing sisters to serve officially in the Canadian military were found in the Northwest Rebellion of 1885, as volunteers who helped the wounded. Canadian nurses were also sent to support the efforts in South Africa during the Boer War.

**Ishbel Maria Hamilton-Gordon, Marchioness of Aberdeen and Temair:** Lady Aberdeen was the president of the National Council of Women and wife to then-governor general of Canada.

In 1897, she founded the Victorian Order of Nurses.

## Thank you, Manitoba nurses!

There's nothing more important than your family's health.



**Greg Selinger**

MLA for St. Boniface  
Premier of Manitoba  
204-237-9247  
[GregSelinger.ca](http://GregSelinger.ca)



**Nancy Allan**

MLA for St. Vital  
204-237-8771  
[NancyAllan.ca](http://NancyAllan.ca)



**Sharon Blady**

MLA for Kirkfield Park  
204-832-2318  
[SharonBlady.ca](http://SharonBlady.ca)



**Melanie Wight**

MLA for Burrows  
204-421-9414  
[MelanieWight.ca](http://MelanieWight.ca)



**Deanne Crothers**

MLA for St. James  
204-415-0883  
[DeanneCrothers.ca](http://DeanneCrothers.ca)



**Ron Lemieux**

MLA for Dawson Trail  
204-878-4644  
[Ron-Lemieux.ca](http://Ron-Lemieux.ca)



**Andrew Swan**

MLA for Minto  
204-783-9860  
[AndrewSwan.ca](http://AndrewSwan.ca)



**Mohinder Saran**

MLA for The Maples  
204-632-7933  
[MohinderSaran.ca](http://MohinderSaran.ca)



**Dave Chomiak**

MLA for Kildonan  
204-334-5060  
[DaveChomiak.ca](http://DaveChomiak.ca)



**Erna Braun**

MLA for Rossmere  
204-667-7244  
[ErnaBraun.ca](http://ErnaBraun.ca)







## RECIPE Roasted Brussel Sprout Salad with Apricots and Toasted Almonds



### EAT LIGHT AT HOME

**Rose Reisman**

rosereisman.com

@rosereisman



Great summer salad. Feel free to add grilled chicken, steak or fish to make a complete meal.

#### Ready in

Prep time: 10 minutes

Cook time: 15 minutes

Serving size: 6

#### Ingredients

- 1½ lb trimmed Brussel sprouts, cut into quarters
- Dressing
- 2 Tbsp olive oil
- 3 Tbsp orange juice
- 2 tsp Dijon mustard
- 1 tsp grated orange rind
- ½ tsp minced garlic
- Salt and pepper
- 10 dried apricots sliced thinly
- 1/3 cup toasted sliced almonds

#### Directions

**1.** Preheat oven to 425 F. Place quartered sprouts on baking sheet sprayed with vegetable oil. Roast for 15 minutes or just until tender and browned.

**2.** To make the dressing: combine oil, juice, mustard, rind, garlic, salt and pepper.

**3.** Place Brussel sprouts in serving dish, add sauce and apricots and garnish with toasted almonds.

#### Nutrition per serving

- Calories 169
- Protein 5.8g
- Carbohydrates 20.8g
- Fibre 6.6g
- Total fat 8.2g

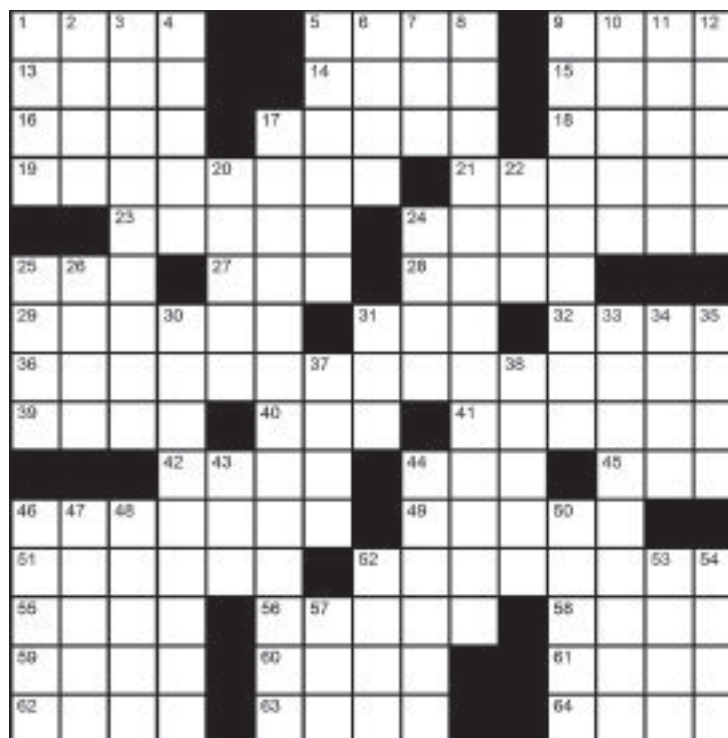
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Fido-created effects
5. "Begone, bug!"
9. Music key: letter + abbr.
13. Telegram
14. Pope name
15. Costa \_
16. International oil gr.
17. \_ acid
18. \_ medio (Year and a half, in Spanish)
19. Round Table member
21. Bluegrass performer Ms. Krauss
23. :
24. \_ Cut (Style of #3-Down by McCain)
25. "Yuck."
27. Hosp. areas
28. Give \_ (Display friendly doggie behaviour)
29. Fine-tune
31. Before
32. Morns followers
36. Like a whale coming into the world via a pool rather than an ocean: 3 wds.
39. Singer Mr. Stone's
40. Former kitten
41. Ireland-set 2002 Pierce Brosnan movie
42. Particular
44. Mr. Levin
45. Real estate database, commonly
46. Saskatchewan village; or, Grant of "Eight Is Enough"
49. Cable news channel
51. Q. "What Sarah



McLachlan song starts 'Spend all your time waiting...?' A. " \_ , \_ believe."

52. Navy ships formation

55. Prefix to 'metric' (Type of pressure)

56. WWII-era positioning system,

commonly

58. Actress Jessica

59. Stead

60. Plunder

61. Sports org.

62. Once, poetically

63. Carlisle Cul- len's wife in 'Twilight' movies

64. Those, in Spanish

### DOWN

1. No-show stat.
2. Actress/host Kelly
3. New Brunswick town at #17-Down = ' \_ \_ Capital of

the World'

4. Fresco- \_ (Painting technique)

5. Cereal utensils

6. To the \_ (Fully)

7. Yes: French

8. Legendary Montreal-born jazz pianist/composer: 2 wds.

9. Instant insight/

inspiration

10. Belarus' capital

11. Keep \_ head (Remain calm)

12. Toronto-born actress Ms. Eastwood

17. \_ Bristol (Global headquarters of McCain Foods Canada)

20. 1985 movie (co-starring John Malkovich) for Canadian actress Kate Nelligan

22. \_ Fail (Irish coronation stone)

24. Fish type

25. City: Latin

26. Earth sci.

30. Bryan Adams song: 2 wds.

31. Butter portion

33. Silver screen scenes snip-pets: 2 wds.

34. Texter's sign-off, e.g.

35. Equivalent words [abbr.]

37. Arrived

38. " \_ to suck your blood!" ...exclaimed the vampire

43. \_ Aviv, Israel

44. Tardy one's self-observation: 2 wds.

46. Movie star Clark

47. Where an elated person dances: 2 wds.

48. Monsters

50. Church book

52. Gift tag word

53. Toy building block

54. Unfortunately

57. Sharon's hubby/Jack's dad ...his initials-sharers

## ★ IT'S ALL IN THE STARS by Sally Brompton

**♈ Aries** March 21 - April 20  
Do something today that takes the object of your affection by surprise. Think of the most romantic thing you could do, then do it and watch their passion ignite. And plan a trip away together for later in the week or next weekend.

**♉ Taurus** April 21 - May 21  
Mars leaves your birth sign tomorrow, so if there is anything that needs finishing you should knuckle down and get on with it now. Your efforts will not go unrecognized or unrewarded — the powers that be have been watching.

**♊ Gemini** May 22 - June 21  
You don't like to be suspicious but if someone offers you something for nothing today it will pay you to find out if they are up to something.

**♋ Cancer** June 22 - July 23  
If you do a good deed or make some kind of sacrifice for a friend or relative over the next 24 hours you are sure to receive a reward or compensation.

**♌ Leo** July 24 - Aug. 23  
You have been trying too hard to win friends and influence people and when you try too hard at anything it tends to have the opposite effect to what you desire. However, don't take that to mean you should not try at all.

**♍ Virgo** Aug. 24 - Sept. 23  
There is something you want to do but your instincts tell you it won't go down well with certain people. That's settled then: You are going to do it! You are in one of those moods when you enjoy causing a bit of chaos.

**♎ Libra** Sept. 24 - Oct. 23  
You may be tempted to own up to some kind of indiscretion, simply to get rid of the guilt feelings you have been carrying round, but is that such a good idea?

**♏ Scorpio** Oct. 24 - Nov. 22  
It's unlikely that you will be in a sociable mood today but that's okay because you have important things to think about and you will only do them justice if you cut yourself off from the world.

**♐ Sagittarius** Nov. 23 - Dec. 21  
You may not be your usual extrovert self today but even a Sagittarius needs to take things easy once in a while and according to the planets this is a great time to switch off and not worry too much about the world around you.

**♑ Capricorn** Dec. 22 - Jan. 20  
Something you do – or don't do – will shock those who see you as the one person who can always be depended on, but maybe that's the idea.

**♒ Aquarius** Jan. 21 - Feb. 19  
This is an excellent time for partnerships and affairs of the heart. Let those who mean something to you know how much you respect and care for them.

**♓ Pisces** Feb. 20 - March 20  
Others may not agree with what you intend to do today but that won't worry you in the slightest. Too often lately you have allowed others to control your behavior because you did not want to rock the boat. Now give it a really good shake!

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	4			5	8	2	7
3			4		8			6
7			2					5
6			7					1
	5	9	8				7	
			6				3	
			9			5		
			1			7		
6	1					2		

Of all the beverage containers that weren't recycled, how many were yours?





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